

## Garlic or Onion Bread<sup>10</sup>

Number of Servings: 10 (32.97 g per serving)

Amount	Measure	Ingredient
10.00	oz	Bread, French, med slice
3 1/4	Tbs	Margarine, soft, safflower oil
1/4	tsp	Spice, garlic, pwd

### Nutrients per serving

## Nutrition Facts

Serving Size (33g)

Servings Per Container

Amount Per Serving

**Calories 110**    **Calories from Fat 35**

% Daily Value\*

**Total Fat 4g**    **6%**

Saturated Fat 0g    **0%**

Trans Fat 0g

**Cholesterol 0mg**    **0%**

**Sodium 210mg**    **9%**

**Total Carbohydrate 16g**    **5%**

Dietary Fiber 1g    **4%**

Sugars 1g

**Protein 3g**

Vitamin A 4%    • Vitamin C 0%

Calcium 2%    • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300 mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

### Instructions

Soften or melt margarine and add garlic or onion powder. Spread or brush seasoned margarine onto 1 oz slices of French Bread and Bake in 325 degree oven for 5-10 minutes to warm and lightly toast. Serve immediately. Send brushed French Bread to outlying sites and ask them to warm/toast on site.

1 slice = 1 CS